

What is claimed is:

1. A wood plank comprising a c-shaped protective end cap secured to a distal end of the wood plank, the protective end cap having a body including a spine and sides extending from either side of the spine, wherein the sides of the body taper as they extend from the elongated spine.
2. The wood plank of claim 1 wherein the end cap includes an internal diameter that increases as the sides extend from the spine.
3. The wood plank of claim 1 wherein the body of the end cap is adapted to substantially engage the wood plank.
4. The wood plank of claim 1 wherein the distal end of the wood plank has been shaped.
5. The wood plank of claim 4 wherein a corner of the plank adjacent the distal end has been removed.
6. The wood plank of claim 4 wherein an edge of a top or bottom surface has been tapered.
7. The wood plank of claim 4 wherein the end cap has a generally concave curvature along a lengthwise axis of the elongated spine.
8. The wood plank of claim 1 wherein the end cap is secured to the distal end by an adhesive.
9. The wood plank of claim 8 wherein the adhesive forms a contiguous layer between the wood plank and the end cap.

10. The wood plank of claim 1 wherein the wood plank is a scaffold plank.
11. The wood plank of claim 10 wherein the scaffold plank is made of laminated veneer lumber.
12. The wood plank of claim 1 wherein the end cap is plastic.
13. The wood plank of claim 12 wherein the plastic end cap is preformed.
14. The wood plank of claim 13 wherein the plastic end cap is extruded.
15. The wood plank of claim 13 wherein the plastic end cap is injection molded.
16. A protective end cap for use with a wood plank, the end cap comprising an elongated c-shaped body having a generally concave curvature along a lengthwise axis of the elongate body.
17. The end cap of claim 16 wherein the end cap is plastic.
18. The end cap of claim 16 wherein an end of the wood plank has a generally convex curvature, and the generally concave curvature of the end cap is adapted to receive the generally convex curvature of the end of the wood plank.
19. The end cap of claim 16 wherein the body includes an elongated spine and sides extending from either side of the spine, wherein the end cap includes an internal diameter that gradually increases as the sides extend from

the spine, and wherein the sides of the body taper as they extend from the elongated spine.

20. A protective end cap adapted to receive a distal end of a wood plank having a top surface and bottom surface, the end cap comprising a body having a spine and sides extending from the spine, wherein the sides of the end cap taper along their length as they extend from the spine.

21. The end cap of claim 20, wherein when the end cap receives the distal end of the wood plank, the intersection of the sides of the end cap with the top of the plank forms a substantially smooth surface.

22. A protective end cap adapted to engage a distal end of a wood plank, the end cap comprising an elongated c-shaped plastic body having an inner surface and an outer surface, the inner surface defining a receptacle for contiguously engaging the distal end of the wood plank.

23. The end cap of claim 22, wherein the plastic body has a concave curvature along a lengthwise axis of the body.

24. A protective end cap adapted to receive a distal end of a wood plank, the end cap comprising a c-shaped body having an elongated spine and sides extending from either side of the spine, wherein the end cap includes an internal diameter that gradually increases as the sides extend from the spine.

25. The end cap of claim 24 wherein the sides of the body taper as they extend from the elongated spine.

26. A method for protecting a wood plank from damage, the method comprising:

shaping an external surface of a distal end of the wood plank by at least tapering an edge of a top or bottom surface of the wood plank; and

gluing an end cap to the distal end of the wood plank, the end cap having a hollow receptacle space with an internal boundary contour having a shape closely adhering to the external shape of the plank.

27. The method of claim 26 wherein the step of shaping includes removing or rounding a corner of the distal end of the wood plank.

28. The method of claim 26 wherein the wood plank is a scaffold plank.

29. The method of claim 28 wherein the scaffold plank is laminated veneer lumber.